

VALENCIA COUNTY OLDER AMERICAN PROGRAM
MONTHLY MENU – October 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Carrot/Pineapple Salad Pork Carne Adovada Spinach Refried Beans/Tortilla Fruit/Milk	Salad Ground Beef Steak Green Beans Mashed Potatoes/Gravy Fruit/Milk	Macaroni Salad Tuna Salad Sandwich Lettuce/Tomato Carrot Sticks Fruit/Milk
6	7	8	9	10
Cole Slaw Sloppy Joes Onions/Jalapenos Tators Fruit/Milk	Zucchini Salad Beef Tacos Lettuce/Tomato/Salsa Refried Beans Fruit/Milk	Salad Chicken Strips Carrots Rice/Gravy Fruit/Milk	Tomato/Onion Salad Hot Roast Beef Sandwich Broccoli Mashed Potatoes Fruit/Milk	Carrot Salad Fish Sandwich Vegetable Medley Chips Fruit/Milk
13	14	15	16	17
CLOSED	Zucchini Salad Beef Tacos Lettuce/Tomato/Salsa Spinach – Pinto Beans Fruit/Milk	Green Pea /Cheese Salad Hot Turkey Sandwich Brussel Sprouts Mashed Potato/Gravy Fruit/Milk	Salad Chicken Teriyaki Oriental Vegetables Rice/Crackers Fruit/milk	Corned Beef & Cabbage Carrots/Onions Boiled Red Potatoes Horseradish Sauce Bread Fruit/milk
20	21	22	23	24
Green Bean/Tomato Salad Beef and Macaroni Italian Vegetables Garlic Bread Fruit/Milk	Pasta Salad Beef Tacos Lettuce/Tomatoes/Salsa Spinach/Refried Beans Fruit/Milk	Beet & Onion Salad Salisbury Steak Mixed Vegetables Mashed Potatoes/Gravy Fruit/Milk	Tamale W/Red Chile Sauce Lettuce/Tomato Spinach/Spanish Rice Fruit/Milk	Cole Slaw Chili Cheese Dog Onions Chuck Wagon Mix Potato Chips Fruit/Milk
27	28	29	30	31
Cole Slaw BBQ Pork Onions/Jalapenos Tators Fruit/Milk	Cucumber Salad Beef Tacos Lettuce/Tomato/Salsa Spinach – Pinto Beans Fruit/Milk	BF Potluck/ Birthday Party With Fiddlers & Musicians Of NM	Cole Slaw Chile Cheese Burger Lettuce/Tomato/Onion Fries Fruit/Milk	Salad Polish Sausage Sauerkraut Onions/Peppers Ranch beans Fruit/Milk